BENGALURU, MONDAY, OCTOBER 31, 2022 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 26 | Min 19 | Humidity 91% Generally cloudy sky Sensex 59,959 | Nifty 17,786 | Gold 50,230 | Silver 57,500 | Dollar 82.77 | Euro 82.00 | GBP 95.56

Nearness of human beings is affecting bird behaviour, suggests study involving nesting cormorants in vicinity of city's lakes

THE BIRD ISN'T FREE

'Nests removed' from Sankey, where 38 cormorants, 23 nests were recorded

| Garima Prasher
c-garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

> "Cormorants took off for foraging... once human density decreased around 8:00 am... when people left the lake after morning walks... — Dr KS Chetan Nag, author of study

The presence of humans in and around lakes of Bengaluru is altering bird behaviour, research has found.

A study conducted by a researcher at Jain University has discovered that proximity to humans is impacting the nest-building behaviour of the Great Cormorant, a bird seen at lakes across Bengaluru.

The study examined in detail the behaviour patterns of the Great Cormorants that were nesting on the eucalyptus trees at Sankey and Kaikondrahalli lakes. The researcher found that cormorants at Sankey Lake were more vigilant at the nest sites and constructed nests at a higher level compared to Kaikondrahalli.

CONTINUED ON PAGE 6 »

Common ground

Once an eyesore with rampant garbage dumping, now an amphitheatre, working space

| Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

Alongside white-topping the road in the area, the Bruhat Bengaluru Mahanagara Palike renovated an almost discarded and rundown space — the Gandhi Park near Maurya Circle — and turned it into an open, vibrant public common with an amphitheatre and a working space.

Previously, the stretch was an eyesore for the public with constant garbage dumping. The space has been now transformed as a modern-day adaptation of the 'kattes' which in the olden days often favoured dialogues and conversations.

Now citizens, especially out-of-city travellers, can catch a break at the junction surrounded by trees and water fountains. With IT professionals in mind, the space has been provided with charging points creating the possibility of work spaces. The spot has been made wheel-chair friendly with ramp access as well.

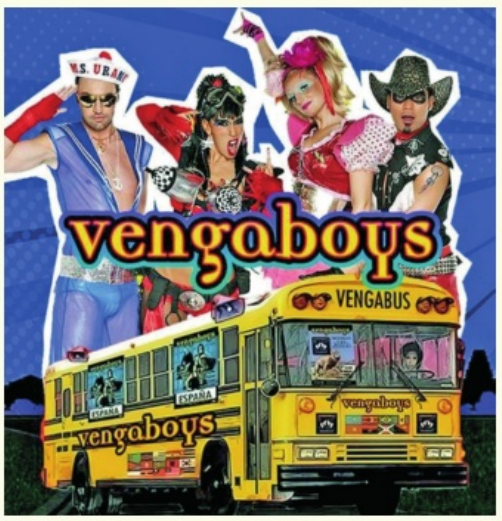
Despite its proximity to Freedom Park and the protest junction at Maurya Circle,

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 For art lovers!

Terra Verde is a solo show of artworks by artist Remya Kumar that encompasses Nature in all its glory and lushness. The artist draws inspiration from the lush tropical feel of her homeland Kerala.
When: November 5 - December 5, 5 pm onwards;
Where: Vasantha Art Gallery
Tickets: www.artenblu.in



02 Relive the 90s

Put on your dancing shoes and your sparkly outfit because this party is going to be a grand affair. Relive the 90s in a night of dance, fun, memories, and celebrations with Vegna Boys.
When: November 6, 5 pm onwards
Where: Brewski Brewing co
Tickets: bookmyshow.com

03 Jam night!

Warm up your vocal cords and instruments because this night will be full of good music and excellent company. Gather around a bonfire and spread the magic of music.
When: November 2 to 21; Where: Lahe Lahe
Tickets: bookmyshow.com

The other monsoon

City to experience light rain, 17 to 28 degrees celsius temperature in next few days

Sridhar Vivan
sridhar.vivan@timesgroup.com
TWEETS @sridharvMirror

It looked like rains in the city took a Deepavali break. Many areas of the city received moderate rainfall on Saturday night even as the weathermen forecast more rainfall in the coming days.

The India Meteorological Department (IMD) has announced that the North East Monsoon has officially covered the south Interior of Karnataka including Bengaluru. The city may soon receive showers in the next few weeks though the intensity of rainfall may largely depend on the formation of cyclones and its proximity to the city.

An IMD official told Bangalore Mirror, "The Northeast Monsoon has further covered remaining parts of Tamil Nadu, Puducherry, Karaikal, Kerala, Mahe, South Interior Karnataka and Rayalaseema on Sunday.

The cyclonic circulation over the Southeast Bay of Bengal and the adjoining Equatorial North Indian Ocean now lies over the Southwest Bay of Bengal, off the south Sri Lanka coast extending up to 3.6 km above mean sea level. Meanwhile, a cyclonic circulation over Southwest Bay of Bengal and adjoining Sri Lanka at 1.5 km above mean sea level has merged with the above system."

Cyclone Sitrang delayed entry of northeast monsoon in K'taka

> **"The NE monsoon has covered remaining parts of Tamil Nadu, Karaikal, Kerala, South Interior Karnataka and Rayalaseema**
> – IMD official

As a result, GKVK and Bengaluru Airport areas recorded a high of 10 mm of rainfall on Saturday.

Officials said that the withdrawal of the South West Monsoon was delayed this year as well. Every year, the SW monsoon withdraws by October 15. However, this year, the SW monsoon exited around October 23 (which was still two days earlier than the 2021 withdrawal date). In the last few years, the SW monsoon withdrawal coincided with the entry of the NE monsoon. But, this year, cyclone Sitrang delayed the entry of the NE monsoon. Previously such a delay was witnessed in 1988, 1992, 2000 and 2018.

Though the city has received widespread rainfall this year, there is a fluctuation in groundwater levels. According to Karnataka State Natural Disaster Monitoring Centre (KSNDMC) statistics (a comparison of August 2021 and 2022), the water table in the city has increased except in the East taluk. Bengaluru's North, South, Yelahanka and Anekal taluks have seen a rise in the water table except in the East taluk which is comparatively lesser.

Due to the NE monsoon and other factors, Bengaluru may continue to receive very light to light rains for the next few days and the temperature may be between 28 and 17-degree celsius.

Meanwhile, for the first time since the monsoon began, the city has seen deficient rainfall than the average record. In the last week of October, it was to receive four mm of rainfall but has received only two mm.

However, from January 1 to October 30, it received 1,157 mm of rainfall (average-647 mm) which is an excess of 79 per cent. In October alone, Bengaluru received 213 mm (average 135 mm), an excess of 58 per cent.

This place is no longer a filthy black spot

Volunteers from The Ugly Indian with BBMP, pourakarmikas clean garbage-laden areas of Murphy Town

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

One of the perennial black spots of Murphy Town is beautified bringing much-needed relief to the hapless students of Tamil Medium School and residents on Thamarai Kannan Road. Volunteers of The Ugly Indians in association with Bruhat Bengaluru Mahanagara Palike (BBMP) pourakarmikas have beautified the black spot which was an eyesore for motorists and pedestrians.

Generally, garbage contractors who own compactor vehicles do not bother about black spots. Their focus is on garbage transfer centres where garbage brought in by auto tippers would be transferred into the compactor vehicle. However, a garbage contractor played a key role in contacting The Ugly Indians and pourakarmikas to beautify the black spots on Thamarai Kannan Road. "I am very happy with the cooperation of The Ugly Indians, pourakarmikas and health inspector Naveen. They worked hard to beautify the black spot," said N Venkataraman, a garbage contractor for Halasuru and Indiranagar.

He said that he was not happy with the black spots at Murphy Town. "I managed to beautify two to three black spots with active support from The Ugly Indians and BBMP pourakarmikas," he added.

BBMP Health Inspector Naveen told Bangalore Mirror that he has created awareness among the residents on the importance of keeping the footpath free from garbage.

"We visited the residents on Thamarai Kannan Road and advised them not to dump garbage on the footpath. We have also requested BBMP marshals to keep a vigil on those who dump garbage on the footpath," said the BBMP Health Inspector.

Volunteers, BBMP workers pose near the spot close to Tamil Medium School that they have completely transformed

Appreciating the volunteers for beautifying the black spot, Tamil Medium School Headmistress Vijaya Kumari has said the black spot remained for a quite long time.

"The more garbage was removed, the more garbage used to accumulate at the spot. Now, I am very happy to see the place clean and neat. School children are also happy," said Vijaya Kumari. Thanking the volunteers of The Ugly Indians for beautifying the black spot, Shanmugam N, a resident, has said the black spot has been an eyesore for the residents.

"Residents and pedestrians used to suffer a lot due to the dumping of garbage on the footpath. It is not that BBMP workers did nothing to clear garbage on a daily basis but some lazy and irresponsible people continue to dump garbage on the footpath," said Shanmugam, adding that BBMP marshals have to intensify penalizing those who dump garbage at public places.

Ex-ISRO chief K Sivan among 67 Rajyotsava Award winners

Former ISRO Chairman K Sivan, actors Dattanna, Avinash and Sihi Kahi Chandru are among 67 personalities who will be awarded Rajyotsava Award this year, the Karnataka government said on Sunday.

Following the tradition of awarding Rajyotsava Award every year to eminent persons who have rendered significant service in various fields, the government announcing the list of winners said, it has decided to honour the dignitaries as the state celebrates 67th Kannada Rajyotsava (state formation day) this year on November 1.

"The department and the selection committee has worked through a difficult task of making an effort to identify the talents who have been working without any proper recognition and award them along with other eminent achievers," Kannada and Culture Minister V Sunil Kumar said.

Noting that efforts have been made to maintain regional balance, while identifying the achievers and the Chief Minister has approved the list, he said, "the interesting thing about Rajyotsava Award this time is, the award has gone in search of real achievers, as some of them didn't even have photographs with them to share with us. It means, they were doing their work silently, without expecting any recognition."

Award winning personalities include - Soligara Madamma who popularised cooperatives among Soliga community, Saalumarada Ninganna (environmentalist), Yakshagana artiste Dr M Prabhakar Joshi, retired IAS officer Madan Gopal, writers A R Mitra and professor Krishnegowda, differently-abled swimmer Raghavendra Anvekar among others.

On this occasion of Amrita Mahotsav (75 years) of Independence, the government has also decided to honour 10 organisations with 'Amrita Mahotsav State Award-2022'. **PTI**

Inconvenient biz buzz: Citizens approach police

HAL residents have had enough of their space being invaded by multitude of commercial establishments

| Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMIRROR

Residents of HAL, Indiranagar, have turned to the cops now to save them from the crowding out by commercial establishments. Residents of the area have been complaining about the inability to find any space to park here due to the cropping up of a multitude of shops and so on. Fed up with the situation, they have now filed a complaint with Jeevan Bima Nagar Police Station.

The recent incident of fire breaking out at one of the commercial establishments also caused more alarm and put the spotlight on their presence in residential areas. Residents say that they also lead to noise pollution, parking issues and footpath encroachment.

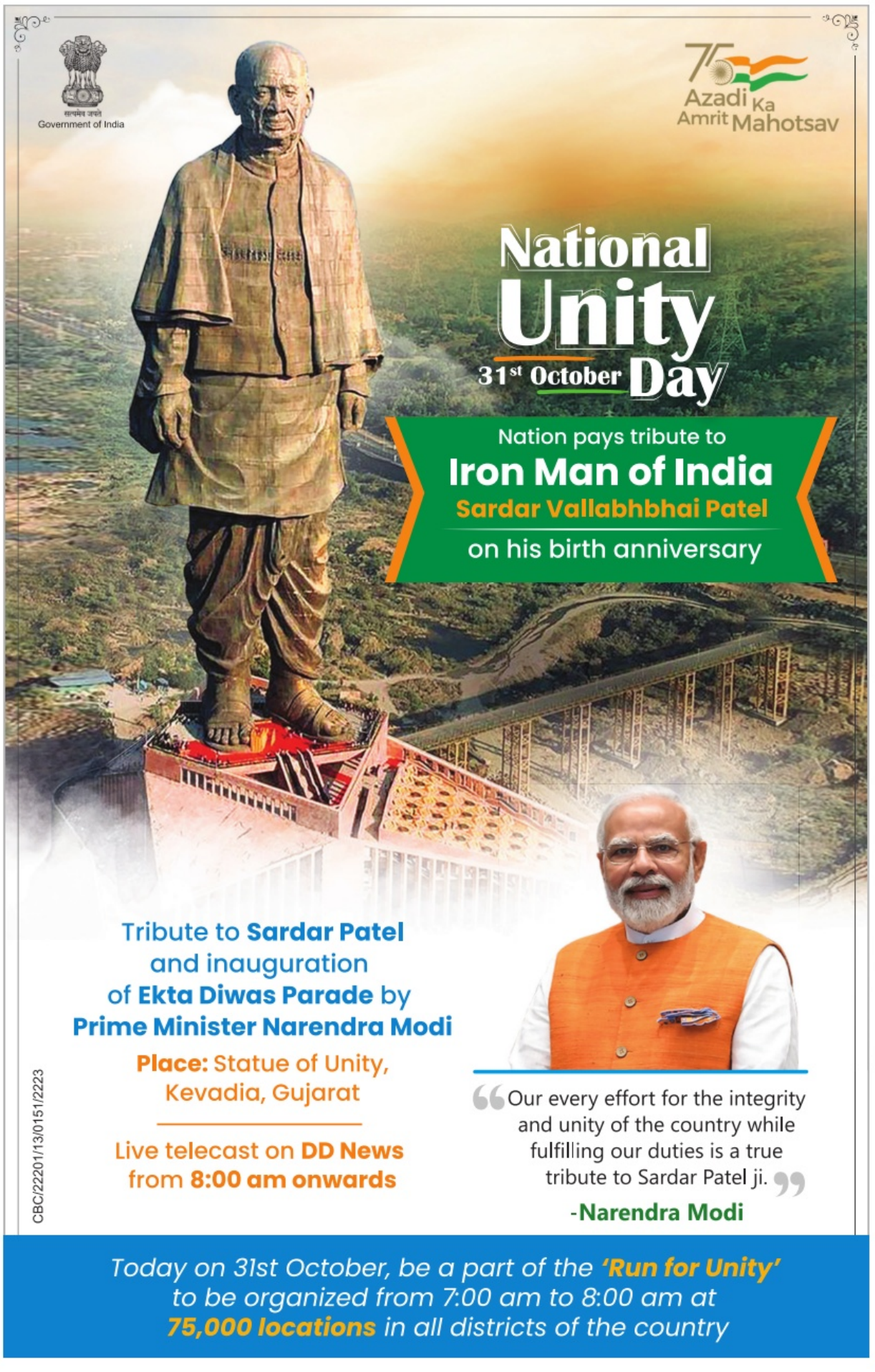
A resident of the area told BM that initially when they had written to BBMP long back, there were hardly 7-8 in the area but the numbers have grown exponentially. "Primarily, a lot of eateries and restaurants have cropped up here, adding to garbage and parking woes. We want to know how the commercial establishments are being allowed in a residential area. Excess food and waste generated by these establishments end up in sewage drains," said Minakshi Prabhu, a resident.

Another resident of the area for the past four decades told BM that they struggle with getting out of their houses with more vehicles being parked here. "Increasing commercial establishments lead to increased vehicle parking and it finds its way into smaller lanes. People tend to park near the gates and block the houses so even in an emergency, we can't leave," said Rammohan. He added that with few designated garbage collection auto tippers assigned for the residential area, commercial establishments overwhelm the system.

Residents said that after the fire incident at a commercial establishment, BBMP officials had temporarily shut the place down. But the establishment has been reopened and this has further alarmed residents.

This is why the residents have approached the police and an FIR was filed.

Another resident Shiva said, "Establishments especially eateries increase noise pollution and some even cook on footpaths. Residents are not able to access the footpath due to this. We have also complained to BBMP Commissioner," he informed.


सत्यमेव जयते
Government of India
Azadi Ka Amrit Mahotsav
National Unity Day
31st October
Nation pays tribute to
Iron Man of India
Sardar Vallabhbhai Patel
on his birth anniversary
Tribute to Sardar Patel and inauguration of Ekta Diwas Parade by Prime Minister Narendra Modi
Place: Statue of Unity, Kevadia, Gujarat
Live telecast on DD News from 8:00 am onwards
CBC/22201/13/0151/2223
"Our every effort for the integrity and unity of the country while fulfilling our duties is a true tribute to Sardar Patel ji."
-Narendra Modi
Today on 31st October, be a part of the 'Run for Unity' to be organized from 7:00 am to 8:00 am at 75,000 locations in all districts of the country

Life in slow lane at HSR

Citizen groups, activists organise 'cycle day' to promote non-motorised transport

Saumyangi Yadav
c-saumyangi.yadav
@timesgroup.com

TWEETS @BangaloreMIRROR

The event at HSR Layout had a five km long cycling event followed by activities like Tug of War, Zumba, Lagori etc

On Sunday, HSR Layout was buzzing with sports and activities as the citizen groups organised 'cycle day'- an initiative to promote non-motorised transport in the city.

The event started off with a five km long cycling event followed by several activities like Tug of War, Zumba, Lagori, etc. A plastic-free breakfast was also organised for the citizens. Lalithamba V, an HSR-Layout-based citizen activist, told Bangalore Mirror that people gathered in large groups along with their children and pets for the event.

"There were events like freehand drawing on the streets, rangoli, etc. Children drew hopscotch on the street and it was all really amazing to see so many people coming together as a community. The general message was to promote cycling and non-motorised vehicles in the city as they solve first and last-mile connectivity issues and are environmental as well," she said.

The event was full of residents not just from HSR Layout but from all over the city like Peenya, Rajajinagar, Electronic City, Whitefield, etc. Despite the late-night rain on Saturday and a cold morning, the event saw a footfall of almost 300 citizens participating in various activities.

Bengaluru's 'bicycle mayor' Sathya Sankaran, told Bangalore Mirror that Bengaluru cycle days are one of the longest-running open field events in the country that was started back in October 2013.

"It is a wonderful way for the people to start looking at their physical space in the neighbourhood," he said.

Shankaran said that today at the event, they had also started the first wave of crowdsourcing locations for crowdsourcing. "Slow street is a concept by DULT where you slow down the traffic. We are now asking the people to mark the location in their neighbourhoods where they want slow streets and we are collecting that data with help of DULT.

Many citizens have already signed up and are showing support by identifying slow streets in their respective neighbourhoods. So now we are asking for permanent intervention to make the streets safer," he added.

> **"The general message was to promote cycling and non-motorised vehicles in the city as they solve first and last-mile connectivity issues** – Lalithamba V, Activist

HSR Cycle Day was organised by Rotary Bengaluru, HSR in association with DULT & HSR cyclist group. After a long break of two years, this was the first session of the restarted Cycle day that had been cancelled because of the pandemic for past years. The event is planned on the 4th Sunday of every month and the plans are already approved for the upcoming two months on 27th November and 18th December.

`The aim of the event is to encourage the public to use Cycle and public transport for commuting and judging by the turnout the message seems to resonate with the residents.

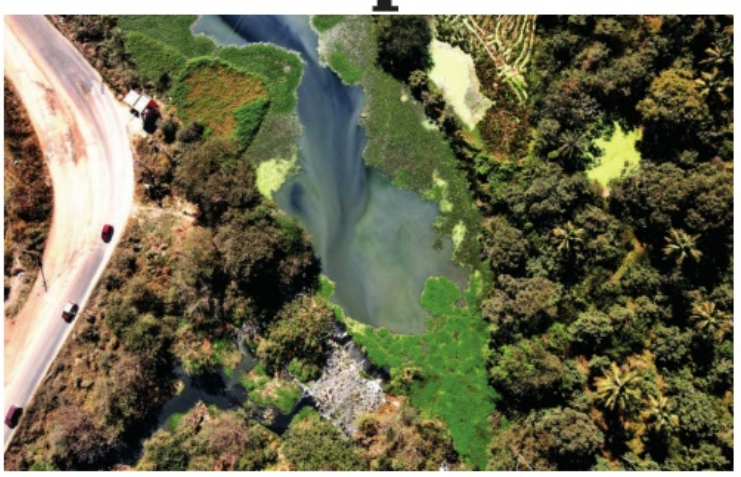
Jayant pro bikes sponsored the event and supplied rental bicycles for those who wanted to ride along but did not have cycles.

There was an ambulance service and medical checkpoint provided by Narayana Multispeciality Hospital HSR.

₹2.5-cr rejuvenation plans for these lakes

Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMirror



The government plans to construct bund and plant trees around the Chandapura and Muthanallur Lake

Amidst rap from National Green Tribunal (NGT), the Karnataka government allocated two and a half crore rupees to develop Chandapura and Muthanallur Lakes. Lake activists have been highlighting the poor state of both lakes for years now.

Taking note of the pollution on the lakes, NGT had imposed a fine of Rs 500 crore and the government has called a tender for the primary development of the lakes.

The tender has been issued for the sum of Rs. 2.5 crore for the primary development of the lakes by The Minor Irrigation Department. The 24.27-acre Chandapura Lake and 500-acre Muthanallur Lake are one of the oldest lakes in the city.

The lake rejuvenation and development are expected to happen in phases and this is the first phase of the revival work. There are plans to provide natural treatment arrangements for untreated water, the construction of a bund to the periphery and lagoons, and the planting of trees for natural treatment will be undertaken.

> **"We had informed the officials about the condition of the lake and officials also stressed the need to restrict the sewage inflow into Muthanallur lake** – Santhosh Kumar, lake activist

Lake activist Captain Santhosh Kumar told Bangalore Mirror, "Recently minor irrigation department officials had visited the lakes to access the condition. We had informed the officials about the condition of the lake and the rajakaluves and officials also stressed the need to restrict the sewage inflow into Muthanallur lake. Water pumped from these lakes for the KC valley will also receive the polluted water. It's pre-emptive that the lake survey is done on an immediate basis and encroachments are evicted.

Further, the boundary of these lakes and the lake buffer zone need to be fixed. Work also needs to be carried out for the clearance of drains from Chandapura to Muthanallur lake and the desilting of Chandapura lakes."

The bidder will also be responsible for the operation and maintenance of the Chandapura tank for two years on a Design, Build, Operate & Transfer (DBOT) basis.

Recently, the Karnataka Chief Secretary Vandita Sharma informed NGT that measures are being taken to map the Chandapura Lake however lake activists note that on-ground work is yet to start.

"We are yet to see any groundwork regarding the lake survey or defining the buffer zone. Once the lake buffer zone is demarcated, construction activities can be stopped within the area," said Kumar.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

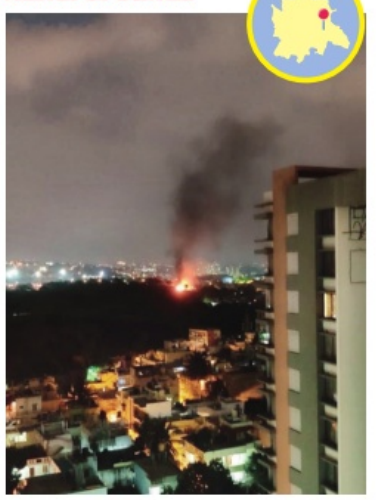
Take your cars away!

Prashant Nagar

Two abandoned cars are parked on 9th A cross, Prashantnagar around Krishna Park obstructing the movement of vehicles

What's burning?

Nandi Grounds



We are seeing high-intensity burning of plastic waste near our apartments opposite Nandi Grounds, near the road junction.

Garbage trouble

Kaggadasapura Road

The rubbish was removed from the drain and left on the road for the past two months in Versova Layout, Kaggadasapura Road.

'XBB variant patient had mild influenza-like symptoms'

Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

As the number of cases of XBB variant of covid virus that is seen to be more transmissible rises in the country, Bengaluru's first case who contracted the infection in September-end has recovered successfully.

As per the details availed by the Bruhat Bengaluru Mahanagara Palike (BBMP), a 34-year-old male with a travel history from Kerala on September 16 had developed symptoms of covid. The patient then got tested for covid and the positive result came on September 17.

Owing to the mild symptoms, the patient continued in home isolation with a private practitioner treating him. The samples were sent for genomic surveillance as the CT value was below the threshold. Under the genomic surveillance, it was found that the virus was the XBB variant.

The patient was retested for covid on September 24 and it was negative. He then travelled back to Kerala on September 26.

The XBB variant is a subvariant of covid-19 that was first found in Singapore. It was thereafter found in many states in India which includes Maharashtra, Tamil Nadu, Delhi and

others. Although the health bulletin of the state does not reveal that a case of XBB variant was detected in the state, senior officials have confirmed the same.

Commissioner of Health (BBMP) Dr Thrilok Chandra said, "The patient had mild influenza-like illness symptoms and was under isolation. He recovered well. And there was no history of any comorbidities."

Dr Vishal Rao, Member of Genomic Surveillance Committee and Chief of Head and Neck Surgical Oncology and Robotic Surgery at HCG Cancer Centre said, "There are two points that the global experts need to closely watch for in the coming days pertaining to covid-19. One is the recombinant virus- when two strains of the virus combine with a cell to create a new strain. Secondly, antibody enhanced disease (AED), leading to increased virulence owing to poor antibody response from the body."

Dr Rao further disclosed that in the 15,074 sequenced samples between July 2021- September 2022, the genomic surveillance team noticed the dominance of omicron sub lineage.

"The BA 2.75, its sub variants and numerous additional sub lineages as well as the reduction in the trend of BA2 and BA5 was seen in September 2022 in Bengaluru. Our data shows 50% of the latest samples are BA 2.75 and its sublineages."

Half-ticket for your pets on KSRTC buses

And you can carry baggage weighing up to 30 kg without any extra fare

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

The Karnataka State Road Transport Corporation (KSRTC) is now following airlines' model by offering baggage free policy for up to 30 kg beyond which passengers have to cough up extra bucks. Interestingly, the KSRTC has also turned pet-friendly as it has decided to offer a 50% discount in ticket prices for the pet animals carried in the buses.

Till now, all the pets were to be charged a full ticket. However, now, conductors have been instructed that the pet animals including dogs will come under the 'half-ticket' category!

The latest modifications have been made by the transport corporation in its circular of October 29. The circular states that earlier a passenger would be charged additional fare if they were carrying any luggage that was beyond "essential" items. However, the rules now stipulate that they will be permitted to carry up to 30 kg of luggage without paying anything extra. This 30-kg weight benchmark includes bags, suitcases, kit bags, grocery, coconuts, ragi, rice, atta, vegetables, fruits, flowers, one item each of ceiling fan, mixer grinder etc. Any item that weighs more than 30 kg will be levied extra fare.

A KSRTC official told BM, "With the latest circular, we have now clarified the long-standing confusion related to luggage and pets. Many people who travel in KSRTC buses are those going for long distances and hence most of them carry luggage with them.

The levy of a ticket for luggage was the bone of contention between a conductor and a passenger. This has resulted in many verbal duels as the passenger always questions the conductor saying that it is a personal item and he should not be charged extra but conductors always claim that the luggage except personal bags are always chargeable."

The official said as the rules were not defined properly, they were receiving a lot of complaints, which is why it was decided to frame the rules. "This will be a win-win situation for the passengers as well as the corporation as most passengers take less than 30-kg luggage. A few who are carrying more obviously need to pay extra. We have also noticed that many passengers were carrying grocery items including rice and lentils in the bus and the conductor would charge for it.

> **"Pet animals/birds are not allowed in premium services like Karnataka Vaibhava, Rajahamsa, Non AC sleeper and all air-conditioned services**

Passengers would argue that if bags are exempted from additional cost why a rice packet charged. Now, the rules have clarified that any item under 30 kg is exempted."

Good move

The move of allowing pets has also been welcomed by passengers. "The transport corporations need to be appreciated for allowing pets. We used to wonder why pets were to be given full tickets. Now, thankfully, the pets are given a discount. We expect the transport corporations to be sensitive to the passengers who take their pets along with them."

However, KSRTC officials clarified that the pets will be allowed in City, Suburban, Ordinary and Mofussil services only. However, pet animals/ birds are not allowed in premium services like Karnataka Vaibhava, Rajahamsa, Non AC sleeper and all air-conditioned services. It may be noted that the full ticket for pets had also resulted in many heated arguments in buses. A few years ago a commuter in Chikkaballapur demanded that a full seat be reserved for his hen as he had paid an extra ticket.

The rules

According to KSRTC's rules, rabbits, pups, cats, birds, birds in cages etc are charged at the child fare prescribed. Pet animals are allowed at the risk of accompanying passengers. Pets have to be carried in baskets, tied with chains and facemasks.

Passengers should ensure safe keeping of pets and not to cause disturbance to other passengers / bus crew / KSRTC property.

CM orders probe into cop's death

Chief Minister Basavaraj Bommai on Sunday ordered a probe in the death of Police Inspector Nandeesh, who died under suspicious circumstances in Bengaluru.

Nandeesh attached to KR Puram police station in Bengaluru had succumbed to heart attack on Thursday. Former Chief Minister HD Kumaraswamy from the JD(S) party had questioned the ruling BJP over the death, alleging that political pressure led him to get a heart attack.

Kumaraswamy questioned the circumstances leading to his medical condition. The deceased inspector's wife had alleged that the incident took place due to pressure on him.

CM Bommai stated that a direction would be given to the Director General and Inspector General of Police of the state and after getting all the relevant information regarding the case, investigation will be ordered. "There is no second thought as far as conducting investigation is concerned," he said.

Nadeesh was suspended for letting a pub operate in the jurisdiction of the KR Puram police station till early in the morning. **IANS**

Cash gift to journos: CM calls it a lie

Following allegations that his office tried to bribe some journalists by sending Rs 1 lakh cash gifts to them on Deepavali, along with sweet boxes, Karnataka Chief Minister Basavaraj Bommai on Sunday denying his role, called it a "lie" and part of the "Congress' toolkit".

The Chief Minister said someone has filed a complaint before the Lokayukta on the issue, and let the investigation happen and truth come out. The Congress on Saturday alleged that Bommai tried to bribe journalists by sending Rs 1 lakh cash to them on Deepavali and demanded the registration of a graft case as well as his resignation. It also sought for judicial inquiry into allegations. "This is the result of Congress' tool kit, they are trying to create a lie. I have not given any instructions to anyone (to give cash gifts)," Bommai said in response to a question regarding Deepavali cash gifts to journalists from his office. He told reporters that when Congress was in power, what gifts were given are "clearly known". **PTI**

Seer suicide case: Police launch hunt for 'sparrow'

Karnataka police investigating the suicide case of the Lingayat Seer Basavalinga Sri Swamiji of Kanchugal Bandemutt of Ramnagar district under mysterious circumstances have launched a hunt for the woman who honey-trapped him.

As the case took many twists and turns, the police sources on Sunday explained that they have collected more than 20 video clippings of the seer and the woman who was used to honey trap him.

Preliminary investigations have revealed that the lady who honey-trapped is from Bengaluru. But, police sources explained that the deceased seer was seen moving closely with many women and it is becoming difficult for them to identify who among them honey-trapped him.

The videos and audios with the woman were used by a gang of religious seers, politicians to blackmail and torture deceased seer, who ended his life by hanging himself in the premises of the mutt on Oct 24.

He had left a suicide note mentioning names of a religious seer and politician who compelled him to commit suicide. Many pages of the suicide note are still missing and the police have asked people to submit them or cases would be lodged against them.

As the police launch a hunt for the woman who allegedly trapped the seer systematically as per the conspiracy. Police sources explained that though they had got her photograph, it has become a challenge for them to track the lady sparrow.

Meanwhile, police sources explained that one of the sages named by the deceased seer in the death note has disappeared and is approaching court seeking anticipatory bail from the court. Further investigations are on.

-IANS

Your Connect

PRIME COMMERCIAL LAND
FOR SALE
in TUMKUR CITY

43000 SQFT on
BH Main Road, Tumkur City.
Land Ideally suitable for
Hospitals, Hotels,
Hyper Market,
Apartment, Mall.

Commercial land
12000 SQFT
opposite Tumkur Bus Stand .

Interested parties please contact
+91 7619497555

real estate

OUTSIDE BANGALORE

MYSORE

SITES @ Mysore DTCP A'Kata, RERA Rs.850/-sft 75%loan Immd. Reg, Off Nanjangud Road, 5 Min: TVS,Kadakola Indl 50000 Job,10min-Airport/Ring Rd,15min:Palace,railway Station, GSS- 9845287802 www.gssprojects.in

jobs

SITUATION VACANT

ADMINISTRATION

MANAGERS

WANTED MARKETING MANAGER for Art/ Paintings start-up business (Koramangala) – Prior Experience Must Email: starsilks@gmail.com Phone: 09344168305

WANTED Centre Manager (Female) for Lakme Academy RT Nagar. 2-3 years experience in Student Counselling desirable. Good compensation. Contact 9845038782 / 9845840251

OTHER VACANCIES

CALL CENTRES

URGENTLY Required Female TELECALLERS 10th/ PUC. Salary: 10k+ incen@ Mahalakshmi Lyt. Freshers also Ct: 8971740400/ 8861409866

PART TIME JOBS

GLOBAL International India's No.1 Registered Co. Part-Time Job, M & F daily Income 10,000-15,000 PF & ESI Benefits. Whtsapp 9513045046/ 7022770604

WORK FROM HOME

EARN Extra income 60000 pm zero investment WFH, Excellent opportunity for Rtd/VRS/ govt Emp, CA,Tax consultants, H wives- 8660744988/ 9790796153

personal

CHANGE OF NAME

I Chirag Aggarwal S/O, Rabindra Agarwal R/o F-403 Akme Ballet, Doddanekkundi, Bengaluru have changed my name to Chirag Agarwal

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

GET NOTICED

Dry Winter Skin ?

Bioline
MOISTURISING
Cold Cream
Enriched with
Almond Oil
Jojoba Oil
Aloevera & SPF

Restores moisture & brings back the glow on your skin.

Buy online @ www.biopharmgroup.co.in / Amazon / Flipkart OR from a chemist near you. Stockist, Field Managers & Sales Representative Required at various headquarters. Call /:8217312776

How to reclaim a common

CONTINUED FROM PAGE 1

the 13,400-sq ft Gandhi Park was being largely lying unutilised and had become a garbage dumping black spot. While white-topping the area, the civic body took on the project of renovating and redesigning the space at a cost of Rs 1.23 crore.

"Adopting the concept of kattes, we have developed an open space allowing citizens to spend time indulging in cultural activities. The larger idea was to reclaim the unused area and turn it into a space useful for the public. People can conduct social events such as skits and gatherings here," BBMP chief engineer (projects) Lokesh M told BM.

The civic body is currently in conversation with an agency for the maintenance of the stretch for a 2-year period under corporate social responsibility (CSR); later either the BBMP or another agency is expected to be assigned the maintenance work.

The project is a joint-collaboration of the BBMP, Sensing Local, and the architecture firm, The HULL. The renovation team conducted studies on pedestrian movement, visual transparency, conservation of flora and fauna and current traffic.

"The challenge was to build a space catering to all kinds of user groups around the area. We broke down the park wall and opened it up. Previously, it was a small park that was abutting into the road and the carriageway was reduced. Another challenge was to provide for footpaths all around the area; now pedestrians can use them. Additionally, 6-8 trees have been added to existing trees and an automated watering system has been installed," said the principal architect at The HULL.

Living together: Birds and humans

CONTINUED FROM PAGE 1

The nest height on the trees varied from 8.4 m to 12.6 m from the ground level at Sankey Lake, whereas it was recorded from 4.2 to 12.2 m above the ground level at Kaikondrahalli.

"Anthropogenic pressures could be a major factor affecting nest-building behaviour in these birds. All through the study period, the cormorants at Sankey, with a higher level of human movements at the waterbody, were sensitive to human disturbance in comparison to Kaikondrahalli Lake. Thus, the nests were constructed much higher at Sankey than at Kaikondrahalli where the trees were away from human movement and were partly submerged in the lake," said Dr KS Chetan Nag, author of the study and associate professor at Jain University.

Interestingly, the distance between the nesting trees and the walking path was 0-1 m at Sankey Lake and around 40 m at Kaikondrahalli. Moreover, human density at Sankey Lake varied from 530–1,127 people in the morning, and 584–2,004 people in the evening. At Kaikondrahalli, there were 320–440 people in the mornings and 427–674 people in the evening.

"These birds are generally known to leave the nest anytime between 6:00 am and 9:00 am to forage. We spotted 23 nests with 38 birds at Sankey Lake and observed that not even a single bird left the nest while there were humans in the area.

They were very vigilant and took off to the lake for foraging once the human density at the walking path decreased around 8:00 am. That is when the walkers leave the lake after their morning walks," added Dr Nag.

Bursting the myth

Cormorants prefer eucalyptus to native tree species for nesting. The birds selected seven live eucalyptus trees at Sankey Lake, close to the walking paths, for nesting and breeding. At Kaikondrahalli Lake, 56 birds with 12 nests occupied 13 dead eucalyptus trees partially submerged in the water.

Eucalyptus trees were the cormorants' first choice at both sites despite the presence of native trees.

"This might be due to the closeness of these trees to the water source. Also, nesting in eucalyptus, and other exotic trees, have been found to have greater breeding success owing to better stability and protection offered by those trees compared to native species. Birds are also known to nest in trees that were used by their predecessors for breeding," explained Dr Nag.

Birds removed from lake

While the study had recorded 38 cormorants with 23 nests at Sankey Lake, the researcher alleged that all the nests have been removed now by the Sankey Lake walkers' association.

"I visited the lake a few months ago and was shocked to see that despite my repeated requests, all the nests had been removed. The birds were evicted from their habitat as 'they were urinating on the walking path', which reportedly was 'inconvenient to the walkers at the lake'. It is high time we changed our attitudes towards other species and nature," lamented Dr Nag.

BJP leader turns BBMP head office into venue for slugfest

BBMP chief unaware that NR Ramesh used Palike office premises to level allegations against Siddaramaiah

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

If a presser by BJP Bengaluru South District president NR Ramesh on Sunday is any indication, it seems anyone can enter and misuse the Bruhat Bengaluru Mahanagara Palike (BBMP) Head Office premises. The presser was not related to various issues plaguing the city such as rampant corruption, substandard work or garbage. It was purely an occasion used by the BJP leader to level allegations against the Congress.

There were security guards but they all remained mute spectators when NR Ramesh set the scene at the BBMP Head Office premises to make allegations against former chief minister and Leader of Opposition in Assembly Siddaramaiah.

When asked why he had organised the presser at the BBMP Head Office premises, Ramesh said that the venue was chosen as it would be more convenient for media persons to attend.

'BJP office in a faraway place'

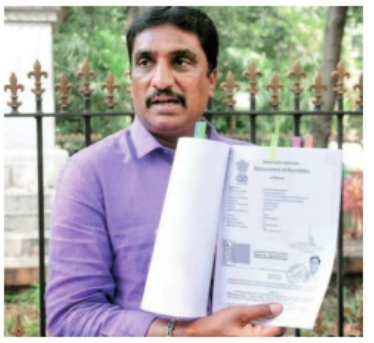
Usually, Ramesh organises press conferences at a nearby private hotel. "I stopped organising press conferences at the private hotel after becoming president of BJP Bengaluru South District. Since the BJP office is situated at a faraway place, I thought the BBMP Head Office premises is the right place," said Ramesh.

Usually BBMP head office premises are not used for political press conferences but this too happened here on Sunday

Is it a crime to avail loan: Siddaramaiah

Leader of Opposition Siddaramaiah, addressing media persons at the KPCC Office, clarified on Sunday that he had taken a loan from his friend Vivekananda. "I took a loan to buy a residential site. It is also true that I am yet to clear the loan. Is it a crime to avail loan to buy a residential site?" Siddaramaiah asked. Coming down heavily on Ramesh for making false allegations, Siddaramaiah said that Ramesh had lodged more than 20 complaints against him but all of them were quashed by the court. "Vivek and I have been friends for more than 40 years. Why are media people raising this issue while I am talking about rampant corruption by the BJP government? Has Ramesh asked you to raise this question?" he asked. He said that Ramesh can approach Karnataka Lokayukta or any investigating agency. "He is free to approach any agency. I am not stopping him. I am also demanding a probe into the deaths of innocent people, including the KR Puram Police Inspector," he said.

He alleged that Siddaramaiah had made L Vivekananda, a hotelier from Mysuru, the steward of Bangalore Turf Club after receiving Rs 1,30,00,000 from him through a cheque. "I am of the opinion that Siddaramaiah received the money from Vivekananda only to make him a Steward of Bangalore Turf Club. I have already informed Chief Minister Basavaraj Bommai and also consulted my advocate before organising the press conference," he said, adding that he would lodge a complaint with Karnataka Lokayukta seeking a probe into the matter.



"I have already informed Chief Minister Basavaraj Bommai and also consulted my advocate before organising the press conference

– NR Ramesh, BJP leader

However, many people criticised Ramesh for misusing the BBMP Head Office premises on a holiday (Sunday). "It has become a habit for BJP leaders to use public places for political functions. I oppose this act of Ramesh organising the presser at the BBMP Head Office as it is neither BJP's nor his property. The BBMP Chief Commissioner must take action against him for misusing the premises," said former mayor PR Ramesh.

BBMP chief to look into matter

When informed, BBMP Chief Commissioner said that he was not aware of the press conference taking place there. "I will look into the matter," he said.

A BBMP engineer in-charge of security and the maintenance of BBMP Head Office said that no one has the right to misuse the premises for political purposes. "I will speak to the security people on duty on Sunday," he said.

Morbi bridge collapse: Toll rises to 60

Over 60 persons have lost their lives in the Morbi cable bridge collapse incident that took place in Gujarat on Sunday evening, state Panchayat Minister Brijesh Merja, who is present at the incident spot, said.

"More than 60 people have died. 17 people are admitted to the hospital at the moment. The Chief Minister is coming. The incident took place at around 6.40 pm," Minister Merja told ANI.

It was earlier reported that 35 persons had lost their lives in the unfortunate incident, the death toll has risen to over 60 so far.

NATION

BJP MP from Rajkot, Mohanbhai Kalyanji Kundariya said that the NDRF is conducting the rescue operation. "More than 60 bodies were recovered, of which more are of children, women & elderly. Rest have been rescued; NDRF rescue op is underway. We're taking this matter very seriously, it's very saddening," he said.

"Machinery present at the spot to pump out the water so that we can figure out the bodies underneath, as there's a lot of silt. I believe the bridge got overloaded and that led to the incident, " he added.

Eyewitnesses Amit Patel & Sukram said that the incident might have taken place because of the huge crowd at the bridge. "When it collapsed, people fell over each other," they said. **— ANI**

A damaged part of a suspension bridge after it collapsed in Morbi

NOTES FROM THE FIELD

No comments, please

Rishi Sunak's appointment as prime minister of the UK has been the talk of the town since last week. All focus has been on the parents-in-law Murthys since then. However, Sudha Murthy recently refused to comment on this when scribes quizzed her during a visit to the famous Kolaramma temple. Sudha said that she had wanted to visit the temple for a long time so she was there. But about comments on Sunak, Sudha immediately said, "Hey leave this, I don't want to talk about it anymore."

BRS in Karnataka

The Telangana Rashtra Samiti has now transformed itself as Bharat Rashtra Samithi (BRS) to enter national politics. Its leader and Telangana Chief Minister K Chandrashekar Rao has been eyeing voters from neighbouring states. All of a sudden, KCR and his son and minister KTR's posters have surfaced in Raichur district, wishing everyone for Deepavali. Locals wonder whether it is the first move to enter Raichur for the next Lok Sabha polls.

Maharaja first

Though there is no set protocol as to who should address the press conference first at general events, Sandalwood hero Shivarajkumar believes that royal scion Yaduveer Krishnadatta Chamaraja Wadiyar should address the press first. During a recent programme for the inauguration of the 75th library of Kalisu foundation, Shivanna and Yaduveer were there to meet the press. The scribes wanted Shivanna to answer first. But, the Sandalwood star suggested that the Maharaja must go first and he will follow. A smiling Yaduveer agreed.

Nursing old wounds

Former Congress chief G Parameshwara seems to be still nursing his grief of losing the Koratagere Assembly elections. Parameshwara who has been winning Koratagere since 2018 says that though he is an MLA now, he is still unhappy that voters got him out in 2013. "I am happy that I have won here twice but how can I forget that you didn't vote for me in 2013? If you had made me victorious then I would have become Chief Minister of this state." During the 2013 elections, Parameshwara was the KPCC president when the Congress won the elections in the State. Though he ensured a win for Congress candidates, he could not secure a win.

Clash of MLAs

Hasanamba temple is among those temples in the state that open only once a year. Recently Chamaraja MLA L Nagendra had travelled from Mysuru to Hassan for a darshan. However, he was disappointed to not be allowed to enter as a huge crowd was waiting for darshan. Nagendra had believed that his party colleague and Hassan MLA Preetham J Gowda would come to his rescue. But, he was left shocked as his calls to Preetham went unanswered. This angered Nagendra so much that he had to publicly express his displeasure. "I thought Preetham will have a basic courtesy of answering calls from the same party MLA. However, he seems to be thinking too much about himself. I also know how to tackle this," he said.

— Sridhar Vivan

Predators on social media

Fatal attraction: Experts say lack of fear of cyber laws, delay in arrest of perpetrators and not much clarity on procedure embolden violators online

Recently, the Karnataka Police arrested a constable on charges of raping a minor girl who had left her home to meet an Instagram friend.

A 37-year-old techie from RT Nagar in Bengaluru filed a police complaint, alleging that conmen duped him of Rs 3.5 lakh promising to arrange a women for him through dating apps.

A Karnataka court had awarded punishment of life imprisonment for a police constable who blackmailed a minor girl, lured her into dirty talk and pushed the girl to end her life in Dakshina Kannada district. The accused had befriended the girl through Facebook.

The Karnataka police then arrested a person on charges of cheating a young woman by posing as a man on Facebook account in Vitla town of Dakshina Kannada district.

A fashion designing graduate lodged a complaint with Madanayakanahalli police station in the outskirts of Bengaluru on the night of January 19. She has complained that her Facebook friend raped her in his car and then took her nude videos and photos.

All the above incidents have taken place in recent months, with a majority of them taking place in Bengaluru. The police and experts point out one common factor in all these incidents of crime -- the attraction of social media proved fatal to them.

SK Umesh, a retired SP and author, while talking to IANS explained that the perpetrators of traditional crimes knew about punishments, policing in connection with cases related to IPC sections. They had fear. In crimes committed using social media, it is not possible to arrest the accused immediately.

Secondly, there is a lack of knowledge about cyber laws. They need to be simplified. If they are not simplified, cyber crime police won't be able to get convictions, he says.

Several incidents originating from social media led to tragedies in the state in the recent past

"The laws are rigid. The police are dependent on courts not accepting digital documents. There is lacunae regarding cyber laws –SK Umesh, retired SP and author

The procedures require experts and there is a shortage of skilled staff. Charge sheets are being filed and it won't stand in the court due to procedural lapse, Umesh opines.

The laws are rigid. The police are dependent on courts not accepting digital documents. There is lacunae regarding cyber laws. The arrested are thinking that they will get bail in one day and becoming emboldened, he explained.

Kiran Prasad, a core committee member of the Association of Primary and Secondary Schools of Karnataka (KAMS) and founder of the Vidya Vaibhav group of schools, explained that social media definitely has an influence on children.

"If you look at the statements given by the accused juvenile delinquents they outrightly state they are influenced by social media," says Prasad.

"The only thing that can be done is educating the children on what is good and what is bad. Second thing, try to talk to children transparently. Many things we don't want to talk to children about. There are many things like this. It will create a gap and there is peer pressure. Even cartoons are violent today, and swear words have become so common."

A Sridhara, a renowned psychologist, narrates about an incident in Uttar Pradesh where a person made a video of his wife commiting suicide. "This man had completely videographed her while she killed herself and uploaded the video. He watched his wife die. Whenever there is an accident the first thing you do is capture the incident and forget about coming to the rescue. They want to record, when they do that there is absolutely no feeling of remorse," he explains. "My friend got a call from an online betting game executive at the time of the funeral when he slammed the person for calling, she told him not to scold and just say no. Our personal cultural demeanour and feeling for other human beings is not present. There is only pleasure and profit rules," he says. –IANS

'Every 3rd crime against kids relates to sexual offences'

Karnataka among top 3 states in country with maximum child marriages

The spurt in incidents of crime against children across India has raised serious concern with 53,874 cases registered in 2021 alone under the POCSO (Protection of Children from Sexual Offences) Act, according to data released by the National Crime Records Bureau (NCRB).

According to the NCRB, overall a total of 1,49,404 cases relating to crime against children were registered in 2021 against 1,28,531 cases in 2020, a rise of 16.2 per cent. If statistics of the NCRB are an indication, every third crime against a child was registered under the POCSO Act.

In 2021, a total of 33,348 incidents were registered under Sections 4 and 6 (punishment for penetrative sexual assault and aggravated penetrative sexual assault) of the POCSO Act and in these cases 33,036 were girls while 312 were boys. However, cases of kidnapping of children were more with 67,245 registered, posing a challenge for the police forces across the country. Delhi topped the list among the Union Territories with 7,783 crimes against children registered in 2021, while Nagaland registered the lowest number of crimes against children.

The total crimes against children rate went up from 28.9 per cent in 2020 to 33.6 per cent in 2021.

The NCRB data revealed a disturbing picture as 140 children were raped and murdered in 2021, while another 1,402 were also murdered. The maximum number of incidents of crime against children were reported in Uttar Pradesh. According to the data, there were 982 cases registered under the Child Labour Act last year with the highest number of cases reported in states like Telangana (305) followed by Assam. It also stated that 1,062 cases were registered under the Prohibition of Child Marriage Act last year with the top three states being Karnataka, Tamil Nadu and Assam. –IANS

Once You Go Black wins in pulse pounding finish

Suraj Narredu rode an outstanding race to guide James MCKeown trained Once You Black to a thrilling pulse pounding win over Still I Rise in the Gr 1 Betway Mysore Derby at the Mysore Race Course on Sunday.

Incidentally both the horses which figured in the absorbing finish were from Chennai. The highly fancied runners from Bangalore Sucre and Deccan Derby winner Salento failed to live up to expectations.

The 2000 metres race started in front of the Grand Stand to the roar of thousands of race goers . Trevor Patel chose to win the hard way by taking Prague to the front before Last Wish bolted to the front and extended himself and veered out out of a straight course. Suraj Narredu who had placed Once You Black in a handy position pushed the favourite to take charge from inside the final 300 metres. Once You Go Black surged ahead but encountered an expected resistance from a brilliantly piloted Akshay Kumar ridden Still I Rise. The two went past the post locked together. It was too close to call. The magic eye favoured Once You Black much to the delight of the thousands who put their hopes On the favourite. Sucre ran on from behind to finish third.

They are off: The Gr 1 Betway Mysore Derby at the Mysore Race Course on Sunday

Suraj Narredu was ecstatic with the win. He said that he was very confident of the win though in the end, he did not win the way he would have hoped.

Punters enjoyed a good run on the big day, most fancied runners nailing bold colours to the mast. There was a record attendance. The Mysore Race Club led by chairman Y B Ganesh had made excellent arrangements. —Ikram Khan

Results

Golden Guest 57.5 Chouhan 4. All Ran. 1/2l, 1l, 1/2l. T: 1.09.94. Tote: Rs 35 (W). 13, 14, 12 (P). Fc: Rs 266. Q: Rs 94. Shp: Rs 32.Thp: Rs 51. Trinalla: Rs 308 & 75. Exacta: Rs 524 & 252. Fav: Golden Oaks (Sulaiman Attaollahi).

7. Betway Mysore Derby- 2022 2000M: Once You Go Black (Shiven Surendranath) 56 Suraj 1, Still I Rise 56 Akshay Kumar 2, Sucre 56 Chouhan 3, Salento 56 Antony Raj 4. All Ran. Shd, 4-3/4l, Lnk. T: 2.02.62. Tote: Rs 24 (W). 10, 20, 20 (P). Fc: Rs 165. Q: Rs 114. Shp: Rs 54. Thp: Rs 43. Trinalla: Rs 465 & 171. Exacta: Rs 1,243 & 366. Fav: Once You Go Black (James Mckeown).

8. Madras Race Club Trophy (Div-II) 1400M: Kings Speech (Chandre Gowda) 55.5 B.Nayak 1, Gemini 61.5 Mukesh Kumar 2, Mr Humble 55.5 A.R.Pradeep 3, Smile Around 56 Siddaraju 4. All Ran. 1l, 1-1/4l, 5-1/4l. T: 1.24.13. Tote: Rs 30 (W). 13, 17, 79 (P). Fc: Rs 172. Q: Rs 87. Shp: Rs 47. Thp: Rs 208. Trinalla: Rs 3,019 & 1,470. Exacta: Rs 23,773 & 6,792. Fav: Kings Speech (Md. Khan).

9. Madras Race Club Trophy (Div-II) 1400M: Southern Force (Arun Raghavan) 59 Rayan Ahmed 1, Super Sexy 55 B.Dharshan 2, Klimt 58.5 Neeraj Rawal 3, War Trail 56 B.Paswan 4. All Ran. Snk, 5-1/5l, 1-1/2l. T: 1.25.17. Tote: Rs 13 (W). 14, 25, 13 (P). Fc: Rs 287. Q: Rs 160. Shp: Rs 60. Thp: Rs 50. Trinalla: Rs 527 & 123. Exacta: Rs 2,262 & 1,254. Fav: Klimt (Faraz Arshad).

Jackpot: Rs 3,259.
Runner-Up: Rs 260.
First Treble: Rs 246.
Second Treble: Rs 439.
Third Treble: Rs 478.

HEALTH TIP: A low-carb diet can assist people with uncontrolled diabetes and decrease blood sugar levels of those at risk of developing it

A healthy breakfast not only kick starts your day but also decreases the risk of contracting heart disease in the long run

BangaloreMirror 9
Monday, October 31, 2022
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

Surprising signs of depression

Some of the lesser-known indicators that your loved ones may be struggling with their mental health

The most well-known symptoms of depression include a continuous low mood, lack of motivation and feeling hopeless and helpless, anxious, worried or tearful. But these are not the only warning signs you should be looking out for in yourself and loved ones.

"These are all symptoms someone experiencing depression might have, but in reality depression can show itself in many different forms, both physical and behavioural," says Jenna Quinn, therapy lead at independent mental health care provider the Priory Group.

"A survey we conducted at the Priory showed there are many symptoms of depression that many people are unaware of, but they are no less important than the better-known symptoms," she adds.

"When a person continues to live with depression unknowingly and without accessing the right treatment, symptoms can worsen and serious health issues may arise. Once people know what to look for, they can access the right help and support faster."

Here, Jenna explains what to look out for and what you can do.

Being indecisive

Dopamine and serotonin are chemical messengers in the brain that bring a happiness boost, and work to stabilise mood. When depressed, our levels drop and with that, focus and concentration are reduced, along with our ability to make decisions, but half of those we asked were unaware it could be an indicator of low mood.

Depression also leads to sleep disruption and lethargy - this lack of energy can affect a person's ability to make decisions.

Depression can feel like anxious distress, so feeling edgy, irritable or ruminating can keep your mind too busy to sleep.

How to cope: Breaking big decisions down to smaller ones or creating a checklist when there are multiple steps to a decision are a few ways such dilemmas may be made to feel less daunting and more doable.

Writing about your thoughts and feelings can also help clear your mind for sleep.

Feeling guilt-ridden

People with depression struggle to achieve perspective on negative life events. This can make them feel wholly responsible for negative things that happen, making them feel guilty. How to cope: Journalling is one technique that may help understand your feelings of guilt better.

Tools like the My Possible Self app's mood tracker (mypossibleself.com) can help to identify correlations between feelings of guilt and specific events, while the app also features a Tackling my Depression guided series inclusive of elements such as reframing negative thoughts into more positive ones.

Changes to your menstrual cycle

During a depressive phase, the stress hormone cortisol rises.

This sends messages to the brain and the reproductive system, delaying or ceasing ovulation, leading to a delayed or absent period - yet 85 per cent are unaware mood can impact in this way.

How to cope: Tracking your symptoms throughout the phases of your cycle can help build awareness of mood changes.

Relaxation techniques and light exercise including mindfulness, yoga and stretching can help reduce anxiety and lower cortisol levels.

Moving or speaking more slowly than usual

The slowing of both thought processes and physical movements is a well-established symptom of severe depression, but only a quarter of people are aware of it as a symptom.

It is partly due to decreased energy levels, but it is also known that certain chemical and structural changes in the brain can cause this.

How to cope: Identifying potential triggers can be a good starting point, for example if there is a particular situation or time of day which worsens your symptoms, so then you may plan your day around this.

> **When a person continues to live with depression unknowingly and without accessing the right treatment, symptoms can worsen**

Scheduling things you enjoy at these times can help elevate mood. With proper treatment, psychomotor slowness can be improved, but it is important to acknowledge it can take time and not be too hard on yourself.

Unexplained aches and pains

People with depression often experience various physical ailments, including pain. While quite often there will be no underlying cause, the pain and distress is very real. The body-mind connection is powerful, but pain is more pronounced, you have a lower tolerance to pain if you are depressed and it's more likely to bother you when you're depressed.

In depression, as emotions are not processed properly, people tend to focus on the physical symptoms they experience rather than underlying emotional problems.

How to cope: As a starting point, it can be beneficial to try to understand what emotional stressors might be causing you to experience physical pain. Triggers can be identified as either a person, place or thing. Also, it's been proven to be helpful introducing a cold shower into your daily routine as it calms inflammation, which is linked to low mood.

Constipation

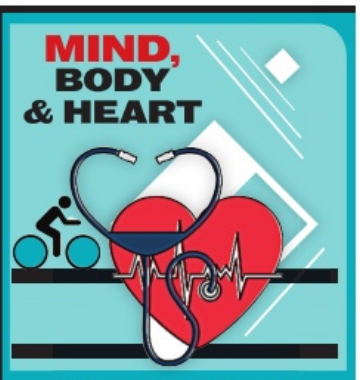
Low serotonin levels in depression have been shown to slow gut movements, but that is not the only reason the way you feel could impact your bowels.

If appetite is adversely affected and dietary intake is quite poor, they will lack essential nutrients and fibre. This can lead to bowel disturbances including constipation. Low fluid intake can also worsen constipation. Yet 90 per cent of those we spoke to had no clue this could be a symptom.

How to cope: Fibre-filled foods such as wholegrains and pulses, as well as dried fruit and staying properly hydrated, may be beneficial to some, but as with most depressive symptoms it is important to consider the bigger picture.

Techniques such as CBT (cognitive behavioural therapy) are more readily available than ever before and can help manage feelings of anxiety and depression.

Amy Packer, Daily Mirror



All problems solved

Dear Coleen

I'm a 20-year-old woman and live in a shared flat with two other girls. We're all at university together. I'm concerned about one of my flatmates who's changed a lot over the past few months. She's hanging out with a different group and one girl in particular, who I think is a negative influence. My friend is a very beautiful girl, but has low self-esteem and has become very skinny. I've noticed she's controlling what she eats and lies about what she's eaten. She doesn't see her parents much as they are abroad. Whenever I have tried to reach out to her, she's become very defensive and told me to mind my own business. Do I try to reach her parents or do I speak to a teacher or counsellor at uni? I'm worried if I do any of those things, she'll be very angry and probably never speak to me again.

COLEEN SAYS

Denial is a feature of anorexia, but I think you should try speaking to her again and read up on eating disorders first.

Choose a calm time and space, and if she's still defensive and angry, reassure her you'll be there for her if she does want to talk in the future, and keep an eye on her. If you reach out to her parents or someone at uni, yes, I think initially she'll be angry with you.

I guess all you can do in that situation is to explain that you care about her and were concerned for her health and wellbeing. It would be good if you had a support network, so others in your friendship group can also look out for her. It also means you're not carrying all the worry. It might also be an idea to try to draw her back into your friendship circle, so she's surrounded by more positive people to build up her self-esteem. Perhaps you and your friends could come up with ideas for nice things to do that involve her."

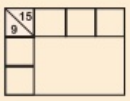
—Coleen Nolan, Daily Mirror

SOLVE IT IN A MINUTE

If 75% of all men are tall and 75% are dark haired and 75% are handsome, what is the minimum percentage of tall, dark haired, handsome men?

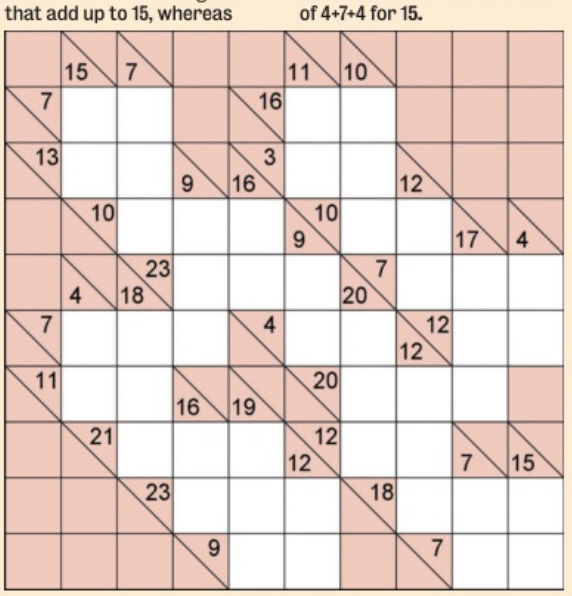
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

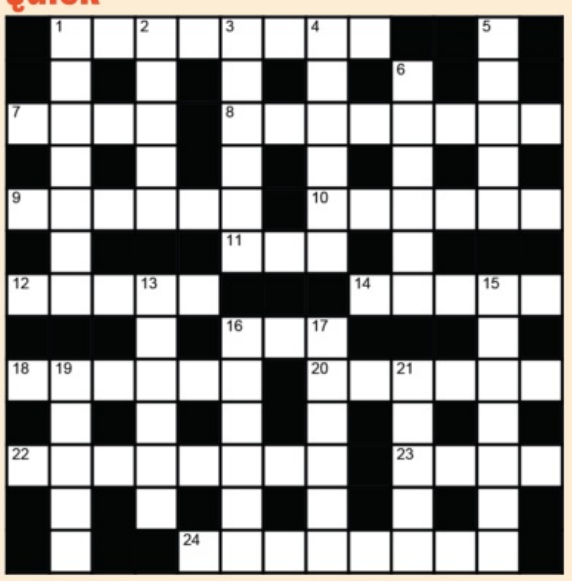


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Avoid risk (4,4)
7 Sounds discordantly (4)
8 In a friendly way (8)
9 Bungle or throw into disorder (4-2)
10 Painful or sore (6)
11 U.S. tax dept. (3)
12 Move very slightly (5)
14 Die under water (5)
16 Be unwell (3)
18 Milk and egg drink (6)
20 Acted poorly (6)
22 Outdoors (8)
23 Middle Eastern restaurant on Coles Road (4)
24 Moved outward (8)

DOWN

1 Level out (7)
2 Church sections (5)
3 Italian shrimp (6)
4 Coquettes (6)
5 Figure out (5)
6 Store grain (6)
13 Signal structure (6)
15 Destroyed (7)
16 Tennis star Andre ___ (6)
17 Release by exploding? (3,3)
19 Russian prison camp (5)
21 Seeps or drains out (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS P

N LUALQU BRNB FNQPUC HBC LTHFHQUSUC NOAFU HBC LTHEKHLQUC CAAE QACUC OABR.

Linemaro

Do you mind if I stare at you up close instead of from across the room?

Mindchow

To know the road ahead, ask those coming back

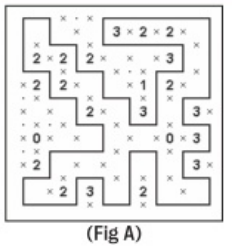
Joke of the day

The best way to lie is to tell the truth, carefully edited truth

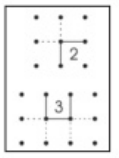
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



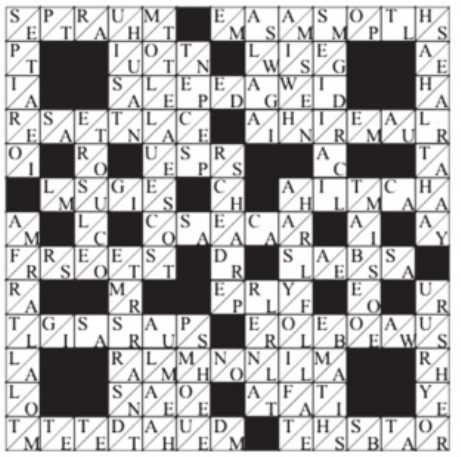
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6		M		
7				
8				
9				

ACROSS

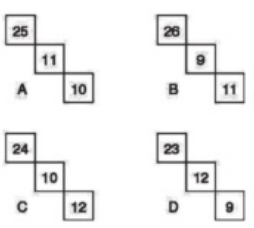
1 Sleet; 6 Melon; 7 De Pun; 8 Gamer; 9 Reply

DOWN

1 Lumps; 2 Leapt; 3 Me rye; 4 No gel; 5 E nerd

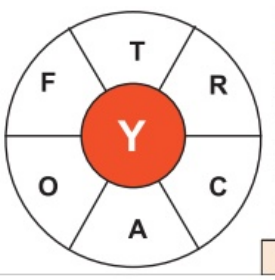
Mensapuzzle

Which is the missing section?



20	19	18	17	16
31	28	?	22	19
26	21	16	?	6
26	22	18	14	?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge

8		5	9	1				6
					3	5		
		3			6			7
						9		8
5			6		2			1
4		1						
2			8			3		
		6	3					
9				7	4	2		5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

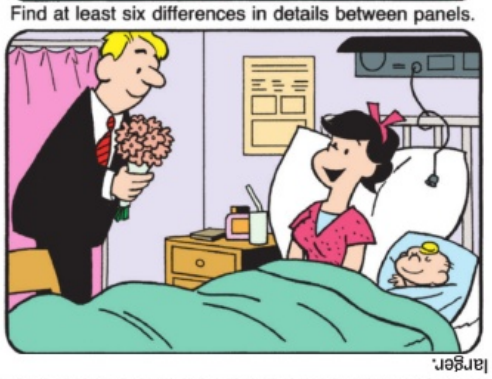
Easy = 4
2 2 2 6

Medium = 57
2 6 7 7

Hard = 36
1 5 8 4

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Cord is longer. 2. Baby is moved. 3. Straw is moved. 4. Hair is different. 5. Tie is different. 6. Drawer is larger.

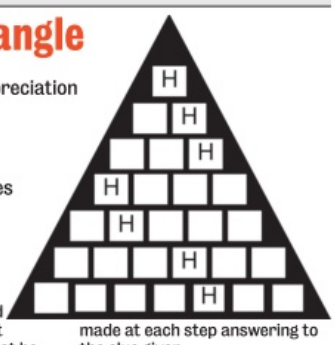
Riddler

Take the given words, and by moving a single letter from one word to the other, make a pair of synonyms, or near synonyms. For example, given: Boast–Hip, move the 's' from 'Boast' to 'Hip' creating two synonyms: Boat–Ship.

1. Clause–Idea
2. Cash–Broom
3. Plight–Lam

Alpha triangle

1 8th letter
2 Expression of appreciation
3 Hearty cheer
4 Consider
5 Divvy up
6 Curves
7 Economic collapses



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

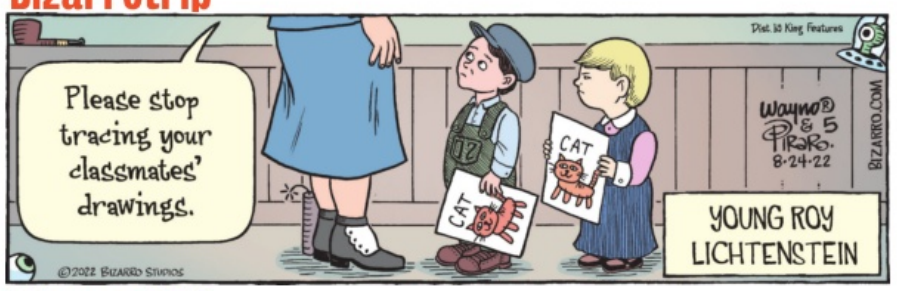
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

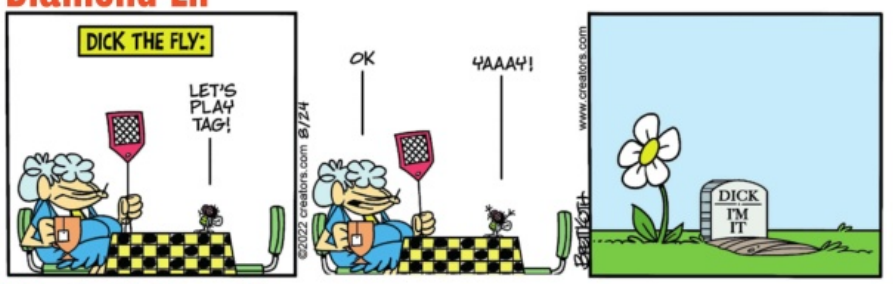
Redeye by Mel Casson

FATHER! THE PALEFACES CAPTURED TANGLEFOOT!
HE WAS OUT THERE MINDING HIS OWN BUSINESS... JUST RIDING
??
RIDING!? WHY, THOSE DIRTY HORSE THIEVES!!
8/13
© 2022 by King Features Syndicate, Inc. World rights reserved.
Mel Casson

Bizarrotrip



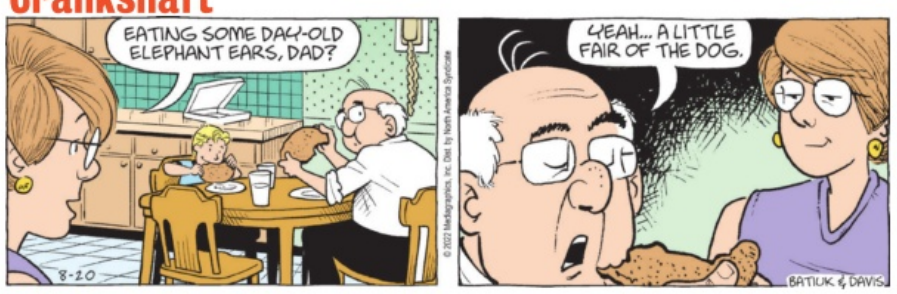
Diamond Lil



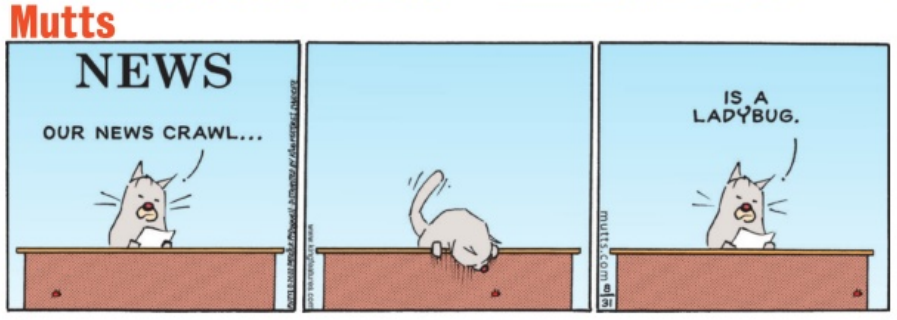
Hart of the city

SO A KID BUMPED INTO YOU AND SLIPPED THIS INTO YOUR POCKET?
WOW, THAT'S INCREDIBLE SLEIGHT OF HAND!
IT MUST HAVE TAKEN MONTHS OF PRACTICE.
YEARS!
CAN WE FOCUS ON WHAT'S WRITTEN ON THE CARD?
HEART OF THE CITY © 2022 ANGRYMEDIA.COM

Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the moon and your destiny is with you. Projects that were postponed are likely to be started now. Your elder's blessings may help you to come out of a messy situation which may boost the speed of your work. Harmony in domestic life may make you happy. Disputes among family members might get resolved. You may feel more creative and things like glamour and movies might attract you.

Taurus Apr 21 – May 20
Today your moon is not in a good position and you may feel dull. You might have some health issues. You may face losses in this period. It is advised not to invest in risky assets. Your gains may likely convert into losses. You should stop investing in worthless objects. You should avoid being involved in controversies as it may affect your social standing.

Gemini May 21 – Jun 21
Today you are blessed by the moon. Love is in the air. Singles may find suitable matches. You may do better in your professional life. Your friends and subordinate staff are likely to support you.

Cancer Jun 22 – July 23
Today you may feel confident which may reflect in your way of working. You are in the winning position. You may have a good focus today. Health issues might get resolved today. In domestic life try to avoid unnecessary arguments as they may affect harmony.

Leo Jul 24 – Aug 23
You may be happy due to blessings from an auspicious planetary combination. You may have some sort of positive energy which may create prestige among people around you. You may spend your time studying intellectual stuff. You will also plan for higher studies.

Virgo Aug 24 – Sep 23
Today you may feel negative vibrations around you which may make you unhappy. You are advised to avoid making investments in worthless assets. You may also notice that friends and people around you may not be supportive today. You are advised not to expect help from anyone as it may lead to disappointment. It is advised to take independent decisions today.

Libra Sep 24 – Oct 22
Today you may not able to present yourself logically. You may have a dull feeling which may give you a lack of confidence. Try to follow your intuition while taking decisions in terms of investment. People at work may be more cooperative. You are advised to be careful in eating unhealthy food to avoid stomach issues.

Scorpio Oct 23 – Nov 22
Today you are likely to be more enthusiastic towards life. You may plan to renovate your house or may bring some souvenirs to maintain your standard which may increase your social status. You may expect an increase in your fixed assets.

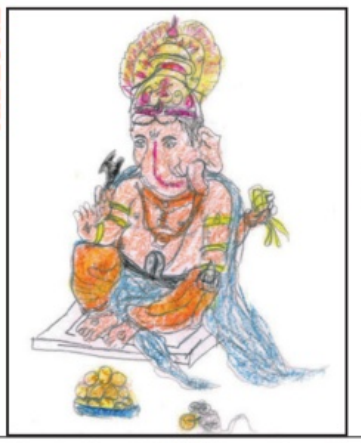
Sagittarius Nov 23 – Dec 22
Today you may get some gains with minimum effort. Your losses may convert into profits with the help of your wisdom. You may plan to upgrade yourself by doing an academic course. You may donate some money to a religious place or charity. You may also help a person in need. Some investment into intellectual assets may be possible. Students may do better in their academics.

Capricorn Dec 23 – Jan 20
Today you may feel dull, you may have some health issues. Chronic disease may reappear. You are advised to avoid rash driving and conflicts with your business partner. Avoid taking important decisions in terms of business. Postpone all investments for now. With the blessings from elders, by late evening, things may be more under control.

Aquarius Jan 21 – Feb 19
Today you are blessed by your destiny. Postponed projects may be started now. With the help of elders' blessings messy situation will be under control. Disputes between family members may likely be resolved which may increase domestic harmony. Your creativity may be improved now. You may be attracted by glamour.

Pisces Feb 20 – Mar 20
Today is a good day. You will feel more energetic and enthusiastic. With the help of good focus, you may perform well in business and work. Your boss may be supportive and you may get some new responsibilities in terms of promotion. There may be some visits to a religious place. It is advised to avoid arrogance in your love life.

KIDZONE



Tharun N,
12 Years,
BEL
Primary School

Chitra Carline,
7 Years,
Clarence
Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Take 4 men. 1 is not tall, 1 is not dark haired and 1 is not handsome. that leaves 1 [25%] who is tall, dark haired and handsome.

RIDDLER
1. Cause–Ideal,
2. Crash–Boom,
3. Light–Lamp

FAST FIVE

S	T	E	L	E
L	E	M	O	N
U	P	E	N	D
M	A	R	G	E
P	L	Y	E	R

BULL'S EYE
craFty, FACTORY, foray, forTy, fray, racy, tray

STRIKE OUT

S	T	R	U	M	M	A	M	O	T	H	E	D	E	S
P	I	O	N	E	E	R								
R	A	T	T	L	E		A	N	I	M	A	L		
I		S	L	E	D	G	E	D					A	
O		N	A	E		A	F	T					E	
L		A	M	M	O	N	I	A					H	
T	E	E	T	H	E	D		E	S	S	A	R		

QUICK

MENSA PUZZLE
A: lines across progress, in turn, –1, –3, –5, –4

QUOTE UNCODE
A people that values its privileges above its principles soon loses both.

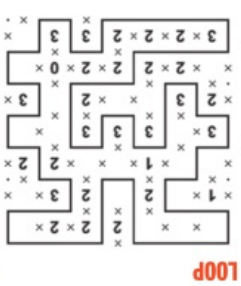
SUDOKU

8	2	5	9	1	7	4	3	6
6	9	7	4	8	3	5	1	2
1	4	3	2	5	6	8	9	7
3	6	2	7	4	1	9	5	8
5	8	9	6	3	2	7	4	1
4	7	1	5	9	8	6	2	3
2	1	4	8	6	5	3	7	9
7	5	6	3	2	9	1	8	4
9	3	8	1	7	4	2	6	5

ALPHA TRIANGLE
H, Ah, Rah,
Hear, Share,
Arches,
Crashes.

GO FIGURE
Easy
2 – 2 – 2 + 6 = 4
Medium
7 + 2 × 7 – 6 = 57
Hard
8 × 5 / 1 – 4 = 36

LOOP



KAKURO

Volume No 15, Issue No 91 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Bravehearts

Celebs who opened up about battling autoimmune diseases

Actress Samantha Ruth Prabhu bravely opened up in a social media post about her battle with an autoimmune condition called Myositis. "I am slowly realising that we don't always need to put up a strong front. Accepting this vulnerability is something that I am still struggling with," she wrote in a social media post. We take a look at other celebs who have opened up about their battles with autoimmune diseases that put their lives at risk. Take a look...

Lady Gaga

Oscar-winner Lady Gaga also battles a chronic illness called fibromyalgia. It is a condition that causes pain all over the body, and someone suffering from it may also experience extreme tiredness, muscle stiffness, trouble concentrating and problems sleeping. The condition prompted the singer to cancel her world tour because of complications that arose.

Samantha Ruth Prabhu

Samantha Ruth Prabhu on Saturday said she has been diagnosed with an autoimmune condition called Myositis. "I was hoping to share this after it had gone into remission. But it is taking a little longer than I hoped," Samantha wrote alongside a photo from a hospital.

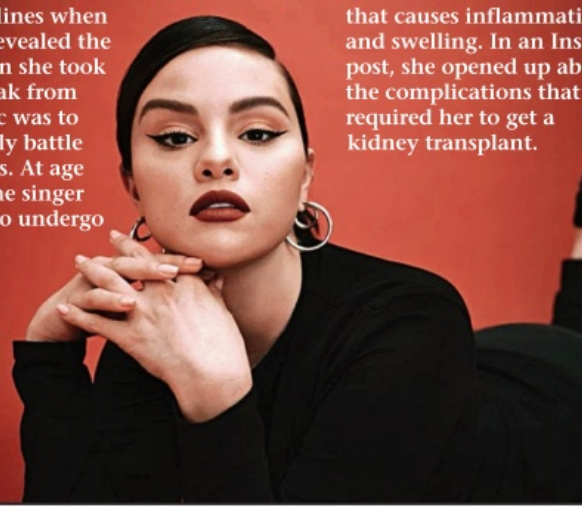
Myositis is the name for a group of rare conditions that can cause muscles to become weak, tired and painful. It is usually caused by a problem with the immune system, where it mistakenly attacks healthy tissue. Samantha, 35, said her doctors are confident that she will make a complete recovery soon.

Gigi Hadid

Supermodel Gigi Hadid battled Hashimoto's disease, a thyroid disease which can cause difficulty concentrating, hair loss, fatigue and weight gain. In Gigi's case, the star struggled to put on weight. "I didn't want to lose any more weight," she told Elle.

Selena Gomez

Pop sensation Selena Gomez made headlines when she revealed the reason she took a break from music was to quietly battle Lupus. At age 21, the singer had to undergo chemotherapy treatment for the chronic autoimmune condition that causes inflammation, pain, and swelling. In an Instagram post, she opened up about the complications that required her to get a kidney transplant.



Jared Leto

Jared Leto packed on the pounds for his role as Mark David Chapman — John Lennon's assassin — in the movie 'Chapter 27'. The drastic weight gain reportedly caused him to suffer a possible bout of gout. "I don't know if it was gout — but I had a definite problem with my feet," he told the Daily News. The condition is a type of arthritis that causes swollen and stiff joints.

After losing the extra weight and getting a fit physique, he vowed never to gain weight again for a movie and put himself and his health at risk.

Not without my sister!

Actress Janhvi Kapoor revealed that she almost decided to quit acting after she missed her sister Khushi Kapoor's first shot on the sets of her OTT project.

In an interview, Janhvi Kapoor revealed that she visited Khushi on the sets of the OTT project on her first day and sat with her for her hair and make-up but couldn't stick until the shot because she also had a shooting schedule.

Eloborating further, Janhvi added that she has been getting thoughts that her mom Sridevi used to have in the past. She said that she thought about leaving acting to be there and take care of Khushi.

While remembering her mother (Sridevi), Janhvi added that how Sridevi was shooting 'English Vinglish' and she missed Khushi's birthday and she called them howling like she never wants to act again and just wants to be there for her kids.

Meanwhile, on the work front, Janhvi Kapoor will soon be seen in a survival thriller 'Mili'. She will also be seen in Mr And Mrs Mahi with Rajkummar Rao and Bawaal with Varun Dhawan. She was last seen in 'Good Luck Jerry'.

-ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Once again on small screen

Fans of the TV serial Mayamruga directed by TN Seetharam in 1998, can book yet another date with the soap. Stage is set for telecast of the tele serial from Monday on Siri Kannada channel at 9 pm.

Seetharam said the serial's new name is Mathe Mayamruga. "Sanjay Shinde of Siri Kannada TV channel approached me to make a tele serial for Siri Kannada. I told him that we can continue the Mayamruga and he agreed. P Seshadri, Nagendra Sha and I continue in the direction department. My daughter Ashwini and Prahalad are writing the script," said Seetharam.

Director P Seshadri said there was not much competition when Mayamruga was made. "Now there are around 60 tele serials being telecast on various TV channels. To bring viewers to our serial will be a big challenge for us," said Seshadri. Sanjay Shinde said that Siri Kannada TV channel is not bankrolling Mathe Mayamruga to earn money but for veteran director TN Seetharam.

Don't let the bonds weaken

Newcomers have come together to make the movie Alegalillada Sagara to convey a message to society, especially to the youth, about the importance of family life. Its muhurat function was held at Dharmagiri Sri Manjunatha Swamy Temple on Saturday. Karnataka Film Chamber of Commerce president Ba Ma Harish was the chief guest at the function.

Director Sagar told Bangalore Mirror that the objective of the movie is to create awareness among the youth on the importance of a happy married life. "Nowadays, married couples hardly have the time to talk with each other. My intention is to bring some changes to the lifestyle of the current generation," said Sagar.

Shooting of Alegallillda Sagara is expected to commence at Nelamangala in a few days. "We are contemplating going abroad to shoot a song. If it is not possible to do that, we may consider Shimla or any beautiful location in North India," he said.

Mohan, Ashwini Shetty, Shanvi Gowda, Rangayadav Mandya are the star cast. "The story revolves around five characters," he said.